



Central U18 Underwater Hockey Squad

Training Programmes

UWH Skill Programme -2 sessions per week

#	Skill
1	Flick puck 45° right, chase, flick puck 90° left, chase, pull puck under right arm, repeat length of pool, carry puck on surface to original end.
2	Flick and chase 25m
3	Swim to ½ way, turn left 90°, turn right 180°, turn back left and swim to wall
4	With puck, turn 360° every 2 nd lane, alternate left and right
5	Flick puck to right, chase, flick puck to left, repeat length of pool
6	Swim @ 75% pace, pull puck down side, pull puck back, repeat length of pool
7	Flick a lane, push a lane, surface spiralling 180°, swim back 1 lane, spiral down, repeat length of pool
8	Swim 2 lanes, stop, tic-tac to count of ten, flick puck, surface, repeat every 2 lanes across the pool.
9	Push puck out from 1 st lane to 3 rd , back to 1 st , out to 4 th , back to 1 st , touch wall, surface, alternate turns
10	Swim 2 lanes with puck, surface, frog dive, every 2 lanes

Programme 1

<u>Warm-Up</u>	1000m Freestyle	
<u>Set 1</u>	8 x Skill 1	every 60 secs
	4 x 100m	1 Free, 1 scissor, 1 dolphin, 1 arms. 80% effort
	1 min 30s rest	
	8 x skill 8	10 sec rest
	2 min rest	
<u>Set 2</u>	8 x Skill 6	20 sec rest
	4 x Skill 5	15 sec rest
	8 x skill 2	20 sec rest
<u>Sprint Work</u>	50m x 10	Surface sprints 20 secs rest
<u>Warm Down</u>	200m	Freestyle Warm Down

Programme 2

<u>Warm-Up</u>	1000m Freestyle	
<u>Set 1</u>	8 x Skill 3	30 sec rest
	2 x 200m	2 Free, 2 scissor, 2 dolphin, 2 arms. 75% effort
	2 min rest	
	8 x skill 4	every 60 secs
	2 Min Rest	
<u>Set 2</u>	8 x Skill 7	20 sec rest every 50m
	4 x Skill 9	15 sec rest
	8 x skill 10	20 sec rest
<u>Sprint Work</u>	50m x 4	Surface sprints 10 secs rest
	25m x 4	Half n Half sprints 15 secs rest
	50m x 2	Underwater sprints 30 secs rest
<u>Warm Down</u>	200m	Freestyle Warm Down



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UWH Training Programme –2 sessions per week

Programme 1

Warm-Up

800m Freestyle

Endurance

200m Flutter board Scissor Kick

400m Half n Half

300m Flutter board Dolphin Kick

Underwater Work

25m x 10 Underwater sprints on the 30 secs

25m x 8 Underwater swim pushing on flutter board

Sprint Work

50m x 10 Surface sprints 45 secs rest

Warm Down

200m Freestyle Warm Down

Total 3050m

Programme 2

Warm-Up

600m Freestyle

Endurance

200m Flutter board Scissor Kick

400m Half n Half

200m Flutter board Dolphin Kick

Underwater Work

50m x 8 Underwater sprints 90 secs rest after each.

25m x 8 Underwater swim pushing on flutter board

Sprint Work

50m x 10 Surface sprints 25 secs rest

Warm Down

200m Freestyle Warm Down

Total 2700m